Giving Brings Joy to Nursing Homes

2017 was a very special year for the Fayette County Joy of Giving Extension Homemaker community service program as an abundance of great gifts were donated for local nursing homes. Special thanks to all the Homemaker Clubs that provided gifts including the KY Krafters, Sewing Club, and Central Kentucky Quilt Guild. Hats off to the thirteen clubs that hosted special events and wrapped gifts for the residents. Judging from the number of photos collected and the smiling faces of both Homemakers and nursing home residents, everyone was truly blessed.

The Nursing Home Ombudsman Agency of the Bluegrass annually tries to provide 1000 gifts to nursing home residents that will not receive any gifts. Due to their shortage of donations this year, Fayette County Extension Homemakers were able to share extra Joy of Giving gifts, adding to the impact of this community service.

Thanks to Barbara Marcus and Marilyn Caudell, Joy of Giving coordinators, as well as everyone that shopped, delivered, hosted, sang, wrapped gifts and/or held a hand. You are simply the best!

Attention Homemakers: Volunteer Hours Report

Homemaker members need to send in volunteer hour forms for 2017 by February 28, 2018. Please be sure that your total hours are listed on the bottom of the form. VP’s for each club, collect and forward all individual club members’ forms to the Extension Office in order for the office to keep track of accumulative hours. Please contact the Fayette County Extension office with any questions.

Hours can now be entered on-line. Visit our website: http://fayette.ca.uky.edu/content/homemakers, scroll down and click on Submit Your Homemaker Volunteer Hours. You have the option to enter records by month or by the year.

On the Road Again: Sites, Tastes and Culture of Ireland

Join us on March 21st* at 11:30a.m. for a whirlwind tour of Ireland which will include glimpses of the ever-changing scenery from plunging cliffs to towering mountains and gloomy peat bogs. We’ll learn a little of the history of the country and how it relates to the ancestry of many Kentuckians. Some traditional Irish recipes will be shared. We will also discuss packing and travel tips and hacks. This lesson will be designed to help your clubs celebrate International month and early St. Patrick’s Day.

The program is free and open to the public. Please call 859-257-5582 to register so we will have plenty of handouts and food samples.

*Homemakers please note this class was originally scheduled for January 18th.*
Family and Consumer Sciences Specialty Club Meetings

Our Specialty Clubs focus on learning, developing and preserving a specific skill, interest or activity. There is a deliberate focus on sharing members skills with others to strengthen the community. You do not have to be an expert in the area - we are all students who attend to learn and grow. During the monthly meetings, members in these clubs work on personal projects, participate in group projects, and learn new techniques and methods from fellow members. Our specialty clubs meet at the Fayette County Extension Office. Your are welcome to join us at anytime.

Savings Lifestyle 101 “Coupon Club”  
Meets the 1st Monday of each month at 6:30 pm

Sewing Club  
Meets the 1st Saturday of each month at 9:00 am

Quilters Guild of the Bluegrass  
Meets the 2nd Tuesday of each month at 6:00 pm

Grandparent/Caregiver Support Group  
Meets the 4th Monday of each month at 6:30 pm

Kentucky Krafters  
Meets the 4th Monday of each month at 6:00 pm

Open Sewing Room  
Every Tuesday in January. (Please call the office to make sure room is available.)

Lost Ways: Family Preparedness  
Call the Extension Office for next meeting date.

Save on Auto Insurance

Taking the AARP Smart Driver Safety Course could earn you a discount on your automobile insurance premiums for three to five years, and you will be a better driver. The AARP Smart Driver Safety Course will be held on April 17, 2018 from 10:00 a.m. to 2:00 p.m. at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. The AARP Smart Driver Safety Program is a classroom course for drivers aged 50 and over. The course identifies many of the changes which occur as we age and suggests strategies for accommodating to those changes for safer driving. Participants who complete the course will receive a certificate which many car insurance agencies honor with a discount. A small fee covers course expenses: $15.00 for AARP members, $20.00 for non-members. Feel free to bring a sack lunch if you would like, the class will continue through the lunch hour.  

Seating is limited. Pre-register by calling the Fayette County Extension Office at 859-257-5582.

Pinterest: Making Your Money Go Further

Join us on Wednesday, February 21st at 10:00 a.m. to learn how to make your own personal vision boards related to managing your money. Participants will differentiate between solid research based and commercial gain information. In addition to identifying financial management tools, Pinterest basic principles will be demonstrated. Cost: Free, but must register in advance.

Save the Dates

Homemaker Board Meeting  
February 1 at 6:00p.m.  
(This is a change of date)

Ovarian Cancer Tea Party  
May 11 at 11:00a.m.

Reminder for Homemaker Community Service Projects

February – Diaper Collection for families in need sponsored by Embrace Church.  
March – Luggage Collection (new or gently used) for Kentucky Foster Care  
Please announce at club meetings, collect and bring donations to the office during designated months.  
Feel free to share this opportunity to ‘pay it forward’ with others.
Join us for Job Club

The Fayette County Cooperative Extension Services, University of Kentucky (UK) Alumni Association, and UK Human Resources Staff Career Development are pleased to announce the winter/spring 2017 Central Kentucky Job Club schedule.

The purpose of the Job Club is to provide a positive environment for motivated job seekers to meet, connect, share and learn. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. at the Fayette County Cooperative Extension office, 1140 Harry Sykes Way, Lexington, KY. Business attire is encouraged. Convenient, free parking is available.

Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. In addition, recruiters and employers are always welcome and introduced to Job Club attendees.

For more information, call the UK Alumni Association at 859-257-8905, the Fayette Cooperative Extension office at 859-257-5582, or the UK Staff Career Development Office at 859-257-8920. Additional information including testimonials from former Job Club participants can be viewed at: www.ukalumni.net/jobclub.

Job Club Meeting Schedule:
January 23: Transferable Skills - Presented by Diane Kohler, UK HR Staff Career Development and Caroline Francis, UK Alumni Career Services
February 13: Update Your Resume for Today’s Market – Presented by Caroline Francis, BCC, MCC, UK Alumni Career Services
February 27: Getting Noticed from a Recruiter’s Perspective - Presented by Greg Lyles, SPHR, Senior Consultant, Hanna Resources
*FREE resume reviews immediately following Job Club*
March 13: Pink or Not – Does the Color of the Slip Really Matter? – Presented by Brian Simmons, SHRM-CP, PHR, Senior Human Resources Advisor, CMI Human Resources Consulting
March 27: Social Media and Your Career – Presented by Mikailyn Estes, Staffing Manager, Accountemps
April 10: An Insider Viewpoint on the UK Hiring Process – Presented by Sarah Bowes, Employment Director, UK HR
April 24: Searching For Your Next Career Opportunity – It’s A (temporary) Full-time Job - Presented by Jon Caldwell, Senior Director, Talent Management & HR, Valvoline
May 8: The Hard Facts about Soft Skills - Presented by Greg Coker, President/CEO, The Institute for Soft Skills
May 22: Panel of Job Club Success Stories

Quilts of Valor Foundation News

Saturday, February 3, 2017, is Quilts of Valor Foundation National Sew Day. Throughout the country quilters will be getting together to sew quilts to be awarded to our military veterans. QOV – Central Kentucky is sponsoring a sewing event at the Fayette County Extension Office on February 3, 9:00am – 4:00pm. Our primary goal is to sew quilts for veterans with a secondary goal of having a great time as we achieve the primary goal!

YOU are invited to join us. Bring your own Quilt of Valor and sewing machine if you own one. In addition there will be a variety of sewing tasks to complete: block kits, making bindings, completing quilt tops and sewing down quilt binding. Join us for a few hours or enjoy the fun all day long. There will be “goody bags” at registration, block demos and door prizes throughout the day.

Preregister to Nancy Cann at nancycann10@gmail.com in order to ensure a sewing space, goody bag and participation demo packet.

Watch your mail for a more extensive list of upcoming Food, Creativity & Solutions classes coming soon!

Do you knit or Crochet?

Come join us on February 8th to make Little Hats for the American Heart Association

Supporters are knitting and crocheting red hats to be given out to thousands of babies during American Heart Month in order to empower moms to live heart healthy lives and to help their children do the same.

Fayette Co. Coop. Extension
10–3:00 pm
1140 Harry Sykes Way
Lexington, KY  40504
859-257-5582

Lunch provided – please call to register so we can be prepared.
Come sit with others who love to knit and crochet.
Patterns available in advance, or that day.
We will have some red yarn, but can always use more.
Donate yarn or funds if you can’t knit or crochet.
Love to Sing?

Join your fellow Homemakers from across the state in the KEHA State Choir. We sing one time – at State Meeting in May. Send your name, address, e-mail, phone, and $10 to Wendy Hood, 202 Park Avenue, Harrodsburg 40330. You’ll receive a practice CD before the meeting and all the information you need to enjoy singing in this fun group. For questions contact her at Wendy7Hood@icloud.com.

Be Safe when Heating Your Home

During the winter there are many different ways that you can keep your home warm. No matter the way you choose, do it safely! Here are some tips for staying safe all winter long:

- You should have your furnace examined by a qualified technician each year.
- If you use a fireplace or wood stove, make sure that there is ventilation which will guide the smoke outside and not leak gas into the home.
- You should not burn paper in the fireplace.
- If your heater uses a certain type of fuel, make sure that you use that fuel and do not substitute.
- Have a fire extinguisher nearby the area that has a heater.

If you are using space heaters to warm your home, there are additional safety tips:

- You should not put the space heater within 3 feet of anything that could catch fire. This includes furniture, drapes, bedding or linens.
- A space heater should never be placed on top of furniture.
- A space heater should not be placed near water.
- Children should not be near a space heater without adult supervision.
- Watch out where you place the cord. You do not want it to trip someone but it should not be placed under a rug either.
- You should not to use extension cords with a space heater.

Stay warm this winter, but also stay safe!

Source: Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment
2018 Basket Club

(Classes will begin at 10:00 a.m. unless otherwise noted)

Thursday, January 18 ~
“Zig Zag” Basket: We will make the lg. 5” x 8” basket of this trio.
This will be a twill pattern woven over dyed stakes. Stakes and weavers are small gauge reed so this is recommended for intermediate weavers. Several color choices.
Skill Level: Intermediate. Cost: $38.00 or $46.00

OR

“Maryo’s Bread” Shaker Basket:
A perfect basket for your homemade goodies. This is a perfect basket if you are a beginner. You will learn all the basic techniques of basket weaving.
Skill Level: Beginner, Cost: $30.00 or $38.00

Thursday, February 15 ~
“Chief Laundry” Basket:
This is a large basket but an easy and colorful Cherokee design woven in natural and dyed reed.
Basket measures 10” x 16” at the base and flares slightly at the top. Two sturdy handles added at the rim. Skill Level: Beginner, Cost: $58.00 or $66.00

Thursday, March 15 ~
“Seagrass in the Market” Basket:
Basket measures 8” x 16” and is woven on a D handle for strength. Twine done with Dyed reed and medium seagrass.
Overlay curls are in matching dyed reed. Decorated handle optional. Several color choices.
Skill Level: Advanced Beginner, Cost: $44.00 or $52.00

Thursday, April 12 ~
“Keep It Square” Basket: 10” x 10” square basket woven on a wood base.
Done in natural and dyed reed. 4 rod wale twining and continuous weaving will be emphasized. Side handles in wood, iron or leather incorporated at the rim.
Flower ornament on the front. Colors determined by ornaments available. Skill Level: Advance Beginner, Cost: $40.00 or $48.00

SUPPLIES YOU MUST BRING FOR BASKET CLASSES:
Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. PACK A LUNCH/ SNACKS, you will be working thru lunch.

BASKET CLASSES SIZE ARE LIMITED TO 14, REGISTER EARLY!

Please note: Supplies are specially cut for each basket two days prior to class. If you need to cancel your class, please call us 72 hours prior to receive a full refund. There will be no refund after that time. NO EXCEPTIONS!

Confined class size, first sign-up basis.
Complete the registration form included in this newsletter.

2018 Basket Club Registration Form

Name: __________________________ Phone: __________________________
E-Mail: __________________________
Address: __________________________ City: __________ Zip: __________

<table>
<thead>
<tr>
<th>Classes</th>
<th></th>
<th>Current Homemaker Member</th>
<th>Non-Homemaker Member</th>
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</thead>
<tbody>
<tr>
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</tbody>
</table>

TOTAL FEE DUE: $
Valentine Candle Mat  
(10 inches in diameter)  
Tuesday, January 30, 2018  
1:00 to 3:00 p.m.  
Cost: $10.00  
Kit will include everything needed except scissors and pins  
Limited to 15

“Valentine Candle Mat” Registration Form ~ Tuesday, January 30, 2018

Name: ________________________ Phone: ________________________
Address: ________________________ City: _______________ Zip: __________
E-Mail: __________________________

Limited to 15 participants. Class Fee $10.00

Make check payable to: Community FCS Program

Please include $10.00 check with this registration form and

Mail To: Fayette County Extension Service,
1140 Harry Sykes Way, Lexington, KY 40504

For more information: Call 859 257-5582
16th Annual Bluegrass Regional
Grandparents Raising Grandchildren Conference

Clarion Hotel
1950 Newtown Pike
Lexington, KY 40511

Grandparents, caregivers, relatives and professionals are invited to the 16th GAP (Grandparents and relatives As Parents) Conference to acquire relevant information regarding the primary care of children.

8:00 AM - 3:30 PM - Resource & Benefits Fair
(Limited number of legal consultations available throughout the day)

8:00 AM - Registration

$5 for grandparents, relatives or caregivers
$50 for professionals (includes for CEUs/CLEs)

Registration required:
Deadline - March 9, 2018
For complete program and registration forms visit:
http://fayette.ca.uky.edu/
or call: (859) 257-5582
to have the program packet mailed

8:30 AM Welcome
Successfully Raised
Donna Rash

9:00 AM Becoming a Safe Boss: Attachment, Trauma, and Co-Regulation
Paris Goodyear-Brown

10:45 AM Workshop Session One
1. Navigating the Legal Path to Guardianship, Custody & Adoption
Jenny Scott, Attorney at Law
2. Shedding Light on Synthetic Drugs and Opiates
Mary Beth Uberti, Operation Parent
3. Taking Care of the Caregiver
Martha Sparks, Author
4. Tips and Resources for Your Child with Autism
Tanya Sturgill, Fayette County Public Schools

12:00 PM Lunch & Door Prizes

1:00 PM Workshop Session Two
5. Advocating for Kinship Children and Families
Shannon Moody, KY Youth Advocates
6. What to do About My LGBTQ Child
Linda Angelo, PFLAG and Panel
7. Your “Other AAA”—The Area Agency on Aging
Mary Crowley-Schmidt, Bluegrass AAA
8. The Care & Feeding of Grandchildren: Helping Kids Navigate the Childhood Obesity Epidemic
Jackie Walters, University of KY

2:10 PM Featured Session
Paris Goodyear-Brown

*For full workshop descriptions please visit www.gapofky.org

Grandparents As Parents Conference
Get Fit Fayette County 2018

Year-long effort for a Healthier and more Active YOU!

Classes and activities each month, some are taught by qualified instructors and others are self-driven. Join us for this opportunity for 2018 to be healthier YOU!

- **Small Steps to Health and Wealth On-Line Challenge**
  Register on February 1st and continue for 4 weeks. We challenge you to take action daily to improve your health and personal finances. Check out our website or Facebook pages to register or call the office for more information. Program is Free.

- **Yoga**
  Classes Starting February 21st and the following Wednesdays from 5:30-6:30 p.m. for 6 weeks. Instructor, Beth Leistensnider received her certification through Lexington Healing Arts in Oct 2014. She teaches a beginning level yoga class that involves gentle stretching, basic yoga poses and a lot of attention to proper body alignment. She also include education on body mechanics and proper movement to avoid injury and to keep the body flexible. Cost: $3.00 per session. Please call to register.

- **Couch Potato Challenge**
  This 12 week challenge is based on the National Heart, Lung, and Blood Institute’s walking plan and allows you to start at just five days a week and at a pace that is comfortable for YOU. Planned walks and other activities will be included. Begins March 15th with an informational meeting at 6 p.m. Program is free.

- **Zumba**
  Miranda Brooks will teach Zumba classes in March and April. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba is a great way to get fit! Classes begin March. More information in February. Cost: $3.00 per session.

Classes taught at the Fayette County Extension Center
1140 Harry Sykes Way, Lexington, KY 40504
Call 859-257-5582 for more information or to register.

Check us out on Facebook
Antique Classes
Wednesdays, February 14—April 4, 2018
Mornings (10:00 a.m.—Noon)
Evenings (6:30—8:30 p.m.)

Fayette County Cooperative Extension Office
1140 Harry Sykes Way
Lexington, KY 40504
(859) 257-5582

Dr. R.E. Wells, noted antique authority from Versailles, Kentucky will be at the Fayette County Extension Office on Wednesdays to present an 8-week course on “Antiques.”

Topics will include:

February 14  Valentine
February 21  Collectible Cats
February 28  Folk Art
March 7  Antique Photography
March 14  English Transferware
March 21  Wills/Estates
March 28  Antique Bottles
April 4  Roadshow

Eight-week course for only $45.00. Limited class size, first sign-up basis.

Make check payable to: Community FCS Programs and return to Fayette County Extension, 1140 Harry Sykes Way, Lexington, KY 40504-1383, by February 7, 2018 and select morning or evening session.

You may bring one item to be appraised each week.

Make check payable to: Community FCS Programs and return to Fayette County Extension, 1140 Harry Sykes Way, Lexington, KY 40504-1383, by February 7, 2018 and select morning or evening session.

You may bring one item to be appraised each week.

Name________________________________________ Daytime Phone____________________

Address__________________________________________________________________________

City________________ State___ Zip ______ E-mail_____________________

I will attend the: _____ Morning Session _____ Evening Session